



OSSE & AFHK Teacher Wellness Symposium August 11th and 12th, 2014 AGENDA

Monday, August 11th

8:30 - 9:00AM	Event Registration Breakfast Provided by Action for Healthy Kids Networking and Informational Booths	Room A Rooms A/C
9:00 - 9:15AM	Welcoming and Introductions <i>Kristina Shelton, DC Regional Coordinator for Action for Healthy Kids</i>	Room A
9:15 - 10:00AM	Overview of the Healthy Schools Act, Healthy Hunger Free Kids Act, and Smart Snacks in Schools <i>Nancy Katz, Manager, Healthy Schools Act Initiatives, OSSE</i> This session will provide an overview of the local and federal legislation that impacts the nutritional requirements for all foods sold in schools.	Room A
10:00 - 10:15AM	Optional Physical Activity and Break	Room A
10:15 - 11:05AM	The Learning Connection <i>Ellen Dillon, Regional Manager, Northeast & Mid-Atlantic Action for Healthy Kids</i> The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn demonstrates that physical activity supports academic achievement, well-nourished kids learn better and that healthier practices in schools can increase school revenue. The easy-to-read special report, released in 2013, is a roadmap for parents, educators, school administrators and school volunteers to create healthier school environments so the kids in their lives are better positioned to learn. It's a follow-up to Action for Healthy Kids' landmark 2004 report, The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools.	Room A
11:05 - 11:10AM	Break	





11:10 - 12:00PM

School Wellness Policies and the Building Blocks of a School Wellness Team **Room A**

Nichelle Johnson, Health and Wellness Specialist, OSSE
Chidimma Acholonu, Healthy Schools Program Manager, Alliance for a Healthier Generation

This session will take a high-level approach to creating sustainable wellness programs in schools. Participants will learn about school wellness policies and legislation and explore district Local Wellness Policy requirements. The session will also address general school-level implementation strategies for local wellness policies, specifically, what educators can do in and out of the classroom to assist with implementing school policies. Participants will also begin to explore school wellness councils, what they are and how this team can drive school-level wellness goals.

This session is designed to be a precursor to the afternoon session with the Alliance, which will dive deeper into creating and sustaining wellness councils in schools and communities.

My Students Don't Do That! Student Health Behavior & School Response **Room B**

Ife Bamikole, Management Analyst, OSSE
Grace Friedberger, Assessment & Evaluation Specialist, OSSE
Julie Ost, Health Education Specialist, OSSE

You don't always know who it is: which student had their first drink over the weekend? While you can't always know exactly who, we do know that more than 70% of DC students have had at least alcoholic drink by the time they leave high school. Knowing that alcohol use is a common risk behavior among DC students can prepare you to support your students in healthy decision making. This session will explore this and other student health issues as described by results from the latest Youth Risk Behavior Survey report and how teachers and schools are responding as described by the Centers for Disease Control and Healthy Schools Act School Health Profiles. You will come away with a deeper understanding of students' health needs and what you can do in the classroom and at school to make a difference.

12:00 - 1:00PM

Lunch provided by Revolution Foods
Networking and Informational Booths

Room A
Rooms A/C





12:30 -12:55PM

**Physical Activity - Group Walk (Optional)
Center for Total Health Tour (Optional)**

**Foyer
Foyer**

1:00 - 2:30PM

Building Healthier School Communities – One Teacher at a Time

***Chidimma Acholonu, Healthy Schools Program Manager
Ava Young, Healthy Out-of-School Time (HOST) Initiative Manager, The Alliance for a Healthier Generation***

This session is designed take a deeper dive into school and community level strategies for achieving health and wellness goals. We will explore the versatility of school wellness councils and brainstorm tangible strategies for creating and sustaining wellness teams in schools and communities. The session will break down how a wellness council can drive health and wellness efforts in the schools and strategies for engaging community partners in a cross-collaborative approach within communities. Using the lens of the Alliance for a Healthier Generation's Healthy Schools Program (HSP) and Healthy Out-of-School Time (HOST) Initiative participants will learn about how to create and sustain community-centered wellness efforts, specifically through establishing wellness councils, creating wellness visions for a school community, utilizing Alliance assessment tools and resources, discussing best practices for identifying and sustaining wellness champions.

Increasing Yoga through Play

Room B

Nicole Cardoza, Founder of YogaFoster

Play is one of the most fundamental aspects of child development, and oftentimes overlooked in the educational space. This 90 minute workshop, hosted by Yoga Foster, which creates free kids yoga programs in schools through free trainings, tools and curriculum, will provide an overview of the importance of play and provide teachers with easy tools to integrate during the day. This will include a sample lesson plan, transitional yoga and breathing techniques, and fun yoga flows to pair with lessons.

2:30 - 2:45PM

Optional Physical Activity and Break

Room A





2:45 - 3:45PM

Integrating Wellness Topics into the Classroom Room A
Laura Hansen, Nutrition Education Specialist, and Kathryn Lantuh, Physical Activity and Physical Education Specialist, Wellness and Nutrition Services Division, OSSE

We can play an important role in helping to improve students' wellness by integrating wellness topics into the school curriculum. This session will highlight simple ways to incorporate health and wellness lessons into existing lesson plans. We will discuss ways to promote physical activity in the classroom and throughout the school, as well as using lessons focused on nutrition and physical activity to meet common core standards. The session will also cover tips for creating a healthy classroom environment.

Creating Safe Spaces for LGBTQ Youth Room B
Dominique Parris, SMYAL - Peer Education Coordinator

As educators we know that bullying, harassment and isolation can have devastating effects on a young person's academic and socioemotional success in classroom and beyond. LGBTQ youth are at higher risk for these and many other negative outcomes. Fortunately teachers and school administrators are in the position to change these outcomes for our LGBTQ students. In this workshop we will delve into the complexities of LGBTQ youth's experiences in the classroom and school system, and explore strategies to make school a safe space for LGBTQ youth.

3:45 - 4:00PM

Wrap up

Room A

Tuesday, August 12th

8:30 - 9:00AM

Event Registration

Breakfast Provided by Action for Healthy Kids
Networking and Informational Booths

Room A
Rooms A/C

9:00 - 9:10AM

Welcoming and Introductions

Room A

Kristina Shelton, DC Regional Coordinator for Action for Healthy Kids
Nancy Katz, Manager, Healthy Schools Act Initiatives, OSSE





9:15 - 11:00AM

Option 1:

9:15-10:15

Lessons from the Ground

Room A

Erica Steinhart, Farm to School Specialist, Office of the State Superintendent of Education

Sam Ullery, School Garden Specialist, Office of the State Superintendent of Education

An overview of the School Garden and Farm to School services available from OSSE through the requirements of the Healthy Schools Act. Also included is an introduction of the School Garden Coordinator position and a sample lesson and activity. We will provide a list of recommended curriculum that are aligned with Common Core and NextGeneration Science standards.

10:15 - 11:00

Small Bites

Room A

Andrew Keller, Program Manager, Washington, DC

Stephanie Folkens, Curriculum and Quality Assurance Manager

Common Threads will be facilitating a crash course in nutrition for teachers through a series of hands-on activities that translate back to the classroom and support HSA and Common Core standards.

Option 2:

9:15 - 11:00

From Stress to Joy: How to Center Your Classroom with Yoga

Suzie Carmack, PhD, MFA, MEd, ERYT

Anne McDow, RYT 500

Room B

Hosted by CenteredBeing Yoga! Do you or your students need a stress break? Learn how to create a more centered, stress-free classroom to improve academic achievement and increase positive behavior! You will learn how to use the CenteredBeing system of “movement, mindfulness and meaning” (Carmack, 2014) to manage your classroom and promote your students’ well-being. Plus, you will learn how this easy-to-follow system can help you to get centered too! Please note: No prior yoga practice or knowledge is required. This interactive session will encourage participants to engage in a basic chair-based class of gentle movement and breathing strategies. The practice is performed in everyday clothing (i.e. no exercise attire or mat required).





11:00 -11:05AM

Break

11:05 - 11:30AM

BOKS - In School Physical Activity Makes an Impact on Academic Success **Room A**

Wordna Warren, BOKS Lead Trainer

Ben Washington, BOKS Lead Trainer

Session Description: BOKS (Build Our Kids' Success), an initiative of Reebok and the Reebok Foundation, is a turn-key FREE before school physical activity program aimed to get elementary and middle school aged children moving in the morning and their brains ready for a day of learning.

11:30 -12:00PM

Reducing Stress in a Stressful Environment **Room A**
Kristina Shelton, DC Regional Coordinator for Action Healthy Kids

Chronic stress creates long-term activation of the stress-response system. The subsequent overexposure to the stress response system can disrupt almost all your body's processes. In this workshop, we'll explore the various causes of stress, both short and long-term health consequences, and identify healthy techniques to cope with the stressors in your life.

12:00PM - 1:00PM

Lunch provided by DC Central Kitchen
Networking and Informational Booths

Room A
Rooms A/C

12:30 - 12:55PM

Physical Activity - Group Walk (Optional)
Center for Total Health Tour (Optional)

Foyer
Foyer

1:00 - 2:00PM

SPARK A.(activity)B.(break)C.(choices) **Room A**
Ellen Ormsby, Program Representative, SPARK

Healthy kids are better learners! One of the best things elementary classroom teachers can do to improve student test scores is to integrate movement into the core subjects. A large percentage of children are kinesthetic learners and every child benefits from quick, brain-based energizers. The goal of the session is to provide activities and strategies to help classroom teachers facilitate safe and effective physical activity in the classroom and during recess. This session will provide sample content and instructional strategies that have been proven effective in real-world settings. Teachers will leave with a few FREE lesson plans and support





from content experts. You'll score this session in the 99th percentile for relevance!

2:00 - 2:15PM

Optional Physical Activity and Break

Room A

2:15 - 3:00PM

Healthy Vending and Beverages

Room A

***Erica Krepp, Community Health Promotion Programmer
Arlington County Department of Parks and Recreation Office
of Community Health***

Overview of USDA Smart Snacks in School standards, why vending matters to staff and students, how it's being accomplished through FitArlington's Healthy Vending Initiative, and the dangers of energy drinks (using National Soda Summit resources).

Get Moving and Win!

Room B

***Christine Green, Washington DC Regional Policy Manager,
Greater Washington Safe Routes to School Network
Alice Patty, Senior Program Manager, Kaiser Permanente
Community Health Initiatives***

Fire Up Your Feet is a tool to increase physical activity to, from and at school. It encourages families, students and schools to work together and create active lifestyles which inspire all children to be healthy and physically active. Come learn how Greater Washington region K-8 schools can win awards of up to \$2,000 to support physical activity and wellness programs by participating in the Fire Up Your Feet fall and spring activity challenges. It's easy to get involved: Students, parents, teachers and school staff simply sign up online and track their physical activity during the month-long challenge period. Bicycling, walking, recess, team sports, playing outside – all activity counts toward the challenge. We'll share tips, best practices and success stories from previous winning schools on how to promote the challenge, encourage participation, and win. Safe Routes to School strategies will be discussed as a way to keep kids active and safe on the way to school. Fire Up Your Feet is a key part of Kaiser Permanente's Thriving Schools program which encourages students, teachers, staff and parents to make healthy choices.

3:00 - 3:15PM

Optional Physical Activity and Break

Room A





3:15 - 4:00PM

Disordered Eating 101: Prevention, Resources and Signs to Look for in Our Students **Room A**

Christie Dondero, Director of Development & Community Programs, Rock Recovery

According to the National Eating Disorder Association, in America alone, more than 10 million women and 1 million men will struggle with a clinically significant eating disorder at some point in their lifetime. Many of these struggles begin in childhood, and experts are recommending prevention programs starting by age six. The objective of this session is to promote broad, inclusive understanding of the nature, prevalence and prevention of disordered eating and unhealthy relationships with food and body image. In this session, participants will learn about the basics and potential causes of disordered eating and how their efforts in the classroom and with parents can help prevent eating disorders and related issues. The session will help to dispel myths and equip teachers with tools and resources they need to build a healthy environment and dialogue around body image, nutrition, emotional resilience and self-care.

Policy to Practice: The Physical Education & Physical Activity Components of the Healthy Schools Act **Room B**

Katie Lantuh, Physical Education & Physical Specialist
Organization: Office of the State Superintendent of Education, Healthy Schools Act Initiatives Team

In this informative and collaborative session, participants will learn about the physical education and physical activity components of the Healthy Schools Act and the far-reaching benefits of physical activity for students. Participants will explore and share creative ways to increase physical activity before, during and after the school day. This session will provide participants with resources, strategies and tools for increasing physical activity among students.

4:00PM

Wrap Up

Room A



